SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 19 SHOPPERS DRUG MART

VANCOUVER metro®

NEWS WORTH SHARING.

Gore site owner charged

The man whose website posted a video of student Jun Lin's alleged murder is charged with 'corrupting morals' PAGE 8

Close Point Grey Road to cars: City staff

The plan is meant to encourage more walking, cycling PAGE 6

Who you gonna call?

Why, Lorraine Warren, of course. The veteran ghost hunter talks about her hair-raising career PAGE 17

ALL HAIL!

THINK YOU'VE GOT WHAT IT TAKES TO KEEP UP WITH A TORNADO? ANGRY PLANET HOST GEORGE KOUROUNIS TELLS METRO HOW TO BE A STORM CHASER IN FOUR NOT-SO-EASY STEPS PAGE 10

Mayor Gregor Robertson takes a demonstration Bixi bike-share cycle for a ride in the parking lot of Vancouver City Hall in 2009. The city will launch a pilot bike-share system early next year.
JEFF HODSON/METRO FILE

Shared bikes coming in 2014

Long awaited. City plans to install system in stages, starting with 250 rides downtown

Get ready to hop on a seven-speed, GPS-equipped bike with adjustable seating and a front basket, Vancouverites. We're finally getting a public bike-share system.

City staff released the final recommendation for a bike-share system on Wednesday, four years after the city started consultation on a hop-on, hop-off system designed for short trips like the ones in Montreal, New York and Melbourne.

Although city councillors and staff promised Vancouver would get the shared bikes by 2013, extensive negotiations with owner/operator Alta Bicycle Share regarding the business model delayed the pilot launch to early 2014, Coun. Heather Deal said Wednesday.

Membership costs

Annual memberships to Bixi will cost $95, with additional charges if people use bikes for longer than 30 minutes. Weekly and daily memberships will cost $20 and $5, respectively, along with time-usage fees.

But it was worth the wait to "get it right," Deal said. Since about 500 cities worldwide already have bike-share systems, Vancouver had the benefit of learning from other cities' mistakes, she added.

The city "absolutely considered" Melbourne, where a similar law requiring bike helmets has made for a struggling, underused system.

"The mistake that was made there was helmets were not at same place as bikes," she said, pointing to a "made-in-Vancouver" solution of helmet dispensers at every station.

The city will spend $6 million to help Alta buy 1,500 bikes and 125 docking stations with helmet dispensers from Bixi, along with $1 million in startup staffing and $500,000 in annual signage and staffing costs. It will also lose up to $800,000 per year in parking revenue.

But for critics of city council's cycling vision, Deal points out the upfront costs are a small portion of the total transportation budget.

The business model also reduces risk for the city by making Alta responsible for all financial, operational and liability risk associated with the system.

Throughout consultation, the city received general support for a bike-share system with strong reservations from the bike-rental shops near Stanley Park. To mitigate their concerns, the city won't install bike-share stations within 50 metres of an existing rental business. EMILY JACKSON/METRO

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Teen's killer believes murder cured him of anxiety: Therapist

Laura Szendrei.
Despite claims to the contrary, offender was motivated by sex, clinical director testifies

MATT KIELTYKA
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The man who killed Laura Szendrei believes the botched rape attempt turned murder has cured him of anxiety around females.

Dr. Paul Janke, the regional clinical director for Youth Forensic Psychiatric Services, said it's clear to him the offender — who cannot be named because he was 17 at the time of the Sept. 25, 2010, murder — has crafted an elaborate story to explain why he killed the 15-year-old Delta girl and why he doesn't require sex offender treatment.

The offender told Janke over the course of four interviews earlier this year that he attacked Szendrei in Mackie Park not for sex, but because overcoming a female would allow him to get more comfortable around women.

"He was adamant that that was his motivation," Janke testified at the offender's sentencing hearing at Surrey Provincial Court Wednesday. "He said that repeatedly."

Janke testified he has "no doubt" the killer was motivated by sex.

Worse still, the offender claims that carrying out the assault has cured his anxiety.

"He's now saying he has no difficulty relating to females (and) there is no reason to believe he would commit a similar act in the future," testified Janke.

In Janke's opinion, the delusion doesn't just make the killer a high risk to reoffend, it makes treating him in a clinical setting extremely difficult.

"An individual who says, 'I don't have a problem anymore' is simply not amenable to (meaningful) treatment," Janke said. "Unsettling his fixed beliefs will be a challenge even to a skilled therapist."

The forensic psychiatrist said the offender displays little remorse or emotion when talking about Szendrei's murder, aside from concern for himself and "agitation" when he's challenged on his version of events.

Justice Robin Baird must decide whether the offender, now 20 years old, should be sentenced as a youth or as an adult.

A youth sentence would carry a four-year prison sentence and three additional years served in the community while an adult sentence carries a life sentence with no chance of parole for seven years.

Janke, like fellow forensic psychiatrist Dr. Kulwant Riar did the day before, argued that the youth system is ill-equipped to treat the offender and provide the long-term supervision required to protect the community.

To his knowledge, the youth system in British Columbia has never even treated anyone who has carried out a murder in the course of a sexual assault.

The offender would require close supervision until his late 40s or early 50s, if not for the rest of his life, Janke said.

Janke's testimony directly contradicts a risk assessment, conducted by Dr. Robert Lee, which determined the offender didn't show signs of sexually deviant behaviour and posed a low risk to the community.

Janke suggested few clinicians would come to the same conclusion as Lee, who is scheduled to testify at the hearing Thursday.

Laura Szendrei, 15, was murdered in a Delta park in September 2010. FACEBOOK.COM/METRO FILE

Fentanyl ruled out in Cory Monteith's death

Cory Monteith THE CANADIAN PRESS

The B.C. Coroners Service has ruled out fentanyl-contaminated heroin as a factor in Glee star Cory Monteith's death, reiterating that he died from mixed toxicity involving heroin and alcohol.

The Abbotsford Police Department issued a warning earlier Wednesday about a spike in overdoses of heroin due to fentanyl contamination, fuelling speculation the cancer drug may have been a factor in the 31-year-old actor's death.

B.C. chief medical officer Dr. Perry Kendall also issued a provincewide warning in May about the prescription opioid, which at the time had already caused 23 deaths for the year to date, compared to a total of 20 deaths in all of 2012.

Fentanyl looks exactly like heroin, can come in similar packaging and produces signs and symptoms that are indistinguishable from overdoses of other opioids. People taking it might be under the impression that they are taking either heroin or oxycodone, but Kendall said the potent pain medication presents a significantly higher risk of overdose.

Abbotsford police have sent in samples of heroin taken from the street for testing, but have not yet received the results.

Monteith was found dead in a hotel room in the Fairmont Pacific Rim Hotel on July 13. He had been open about his struggles with drugs. Toxicological results from the coroner revealed the presence of alcohol and heroin in his system.

KATE WEBB/METRO

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An annual fair hopes to attract more visitors with lower ticket and parking prices. CONTRIBUTED

PNE fair slashes prices by 20%

Lag in attendance. Organizers hope to attract bigger crowds

KATE WEBB
kate.webb@metronews.ca

The Fair at the Pacific National Exhibition is slashing ticket prices and parking fees by 20 per cent for 2013 in hopes of reversing a lag in attendance that has been worsening over the past five years.

PNE president and CEO Mike MacDaniel said that, like many local cultural events, the fair was hit hard by the recession and has been looking to cut costs while making it more affordable for families.

By shutting down operations on the two Mondays during the fair's Aug. 17 to Sept. 2 run — typically the slowest days — he said he was able to save half a million dollars and pass the savings on to attendees.

Parking passes as well as gate passes for people ages 14 to 64 will go down to $16 from the previous $20, while admission for children 13 and under will remain free.

Advance tickets can be purchased for $14 at Safeway, 7-Eleven, Save-On-Foods, PriceSmart Foods, Cooper's Foods and Urban Fare, and at pne.ca.

Highlights

- **Wild Ride Wednesday.** On Aug. 21 between 11 a.m. and 1 p.m., thrill-seekers can get a two-for-one all-day Ride Pass to Playland.
- **Vancity Member Day.** All day Thursday, Aug. 29, Vancity members and guests will pay only $5 for admission to the fair.

Drinking on the job

Bus driver fired after failing sobriety test

A Kamloops bus driver who failed a sobriety test while on the job has been fired.

BC Transit spokeswoman Mary Beth Burton says the safety of passengers was an important factor in the decision to dismiss the driver.

The woman was handed a 90-day driving ban on Saturday morning while FirstCanada, which handles transit operations in Kamloops for BC Transit, conducted an investigation. THE CANADIAN PRESS

'Zapper.' Appeal Court acquits B.C. software company Profitek of fraud

A British Columbia company that created software so clients could under-report sales to the tax man has had its fraud conviction zapped by the province's Court of Appeal.

Profitek software created by InfoSpec Systems Inc. helped restaurants keep track of sales, but another program, known as a "zapper," allowed them to delete cash transactions and under-report income.

Court documents state the company sold zappers to two restaurants in Winnipeg.

The company was charged with fraud over $5,000 and evading income tax and the GST, but was only convicted of fraud.

But the three-person appeal court has set aside the conviction and acquitted the company.

Justice David Frankel says the software is not illegal and there was no evidence it was installed, so he finds it hard to understand how the Crown could prove the amount of the alleged fraud. THE CANADIAN PRESS

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OneCard. City park-board pass proves popular, but can't win over holdouts

The park board's new universal pass may be controversial, but that hasn't stopped thousands of Vancouverites from signing up for it in just one week since its launch.

More than 10,000 people have already bought the OneCard, which lets residents access most of the city's network of park-board pools, rinks and fitness centres, the board announced Wednesday.

"We're extremely pleased by the popularity of our new OneCard," park-board commissioner Niki Sharma said in a statement.

"Already in the first week, people of all ages and incomes are getting active at facilities across the city with our new system-wide pass."

But the park board's claim that the pass is universally accepted contradicts at least six community centres' refusal to take it.

The OneCard is accepted at most pools, rinks and fitness centres. HANDOUT

Their hesitation stems from an ongoing saga with the park board over their operating agreements and who collects revenue. The park board maintains the new cards and agreements will make it easier for low-income residents to access programs, while some community centres claim the changes will cut programming.

EMILY JACKSON/METRO

Immigration. Language, cultural barriers may hurt sex-ed for new Canadians

Language barriers may be putting the sexual health of some new Canadian teens at risk, says a study that suggests sex education must be tailored to the needs of immigrant adolescents.

The study by the UBC School of Nursing involved 4,500 East Asian students in Grades 7 to 12.

It found the vast majority of students were not sexually active because of cultural reasons, but of the 12 per cent who were having sex, one in four used alcohol or drugs before a relationship while nearly half of girls did not use a condom.

Researcher Yuko Homma said about half the study group of Chinese, Korean and Japanese adolescents were new to Canada and did not speak English at home.

She said the teens' parents likely would not have had any formal sexual-health education themselves because some cultures shy away from such topics.

"Many of them may feel uncomfortable talking about sex with their children, so I think it would be great to have sexual-health education and resources for both teens and their families," she said.

THE CANADIAN PRESS

Skeena River fishery

Alaskans may hurt sockeye run

A near-record-low sockeye salmon run for the Skeena River fishery has cut off the catch in B.C., but conservation groups say Alaskans aren't pulling in their nets.

Watershed Watch conservationist Aaron Hill says that a significant number of sockeye are caught as a byproduct of Alaskan pink and chum salmon operations and that the fisheries should be moved.

THE CANADIAN PRESS

Elevator snatch 'n' grab?

Woman charged in baby abduction

A Surrey woman has been charged in connection with the abduction of a baby boy.

Transit Police spokeswoman Anne Drennan said two women were leaving an apartment on July 10 and the suspect, Sarah Maryskag, was allegedly carrying the baby.

Drennan says Maryskag allegedly took off in an elevator, with the door closing before the mother could get in. THE CANADIAN PRESS

Congestion along Cornwall Avenue should decrease if the city shuts Point Grey Road to vehicles between MacDonald and Alma. JENNIFER GAUTHIER/METRO FILE

City staff want cars off Point Grey Road

Proposed ban. Plan would divert 10,000 drivers daily in bid to improve cycling safety

EMILY JACKSON
emily.jackson@metronews.ca

Multimillion-dollar mansion owners along Point Grey Road may soon go home to a quieter street without commuting vehicles.

City staff recommended Wednesday that Vancouver council block cars from Point Grey Road between Alma and MacDonald by extending parks to the seaside, installing cycling infrastructure and widening sidewalks.

It's part of a long-term transportation strategy to encourage walking and cycling, improve safety in the neighbourhood — there were 51 bike collisions between 2008 and 2012 — and complete the gap in the seaside bikeway between the Burrard Bridge and Spanish Banks.

Instead of continuing from Cornwall Avenue all the way to UBC, the 10,000 drivers using the route daily will divert south on MacDonald and take 4th Avenue, Broadway, 12th Avenue or 16th Avenue to continue west.

While more than 2,200 locals and cycling-advocacy group HUB have signed petitions in favour of the bike infrastructure and road-safety measures, which council will vote on next week, others accuse the city of favouring rich homeowners at the expense of safety along MacDonald.

Others criticized the reduction of 200 parking stalls near beach destinations.

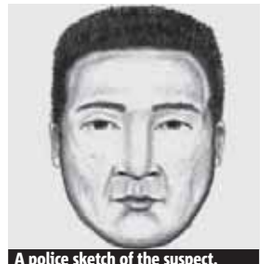
But after two rounds of public consultation, the city amended plans so it could save 90 parking spots, calm traffic around Henry Hudson Elementary School, maintain access to the museums in Kits Point and keep bike lanes away from businesses on Cornwall, said Jerry Dobrovolny, the city's director of transportation.

"There has been some feedback for us to slow down, there has been a lot of feedback for us to speed up and there has been a lot of support for the project overall," Dobrovolny said at a news conference.

Dissension

"Welcome to the gated Kingdom of Kits, with its moated bike lane."

Resident Spice Luks, in reaction to the plan.



A police sketch of the suspect. HANDOUT/RCMP

Help ID sex-assault suspect: RCMP

A female realtor was sexually assaulted while showing a home on Rowland Street in Port Coquitlam on May 4, and police are asking the public to help catch the perpetrator.

Cpl. Jamie Chung of Coquitlam RCMP said the man did not physically hurt the woman but touched her sexually despite her objections and was "somewhat insistent."

Eventually the realtor was able to convince him to leave.

The suspect is described as an Asian man in his mid-30s with dark hair and eyes and some bumps on his face. He was wearing a T-shirt, jeans and running shoes.

A sketch was completed in June but police recently decided to appeal to the public because they have been unable to identify the suspect.

Anyone who recognizes the man in the sketch is asked to call Coquitlam RCMP at 604-945-1550, quoting file number 2013-12208, or to remain anonymous call CrimeStoppers at 1-800-222-8477.

KATE WEBB/METRO

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Owner of gore website faces jail time

Corrupting morals. Edmonton man charged for posting alleged Magnotta video online

ANNALISE KLINGBEIL
Metro in Edmonton

The Edmonton owner and operator of a "shocking" gore website has been charged for posting a video allegedly sent to him by Luka Magnotta that depicts the murder of university student Jun Lin.

Magnotta is scheduled to stand trial in September 2014 for the murder and dismemberment of Lin, whose severed body parts were mailed across the country in the spring of last year.

A video depicting the murder was allegedly sent by Magnotta to bestgore.com and posted online by the website's owner and operator, Edmontonian Mark Marek. The video remained on the site for eight days.

After a lengthy police investigation that included months spent trying to track down Marek, who authorities believe has no fixed address and was living out of a vehicle, the 38-year-old has been charged with corrupting morals.

"I've never heard of that charge before.... I believe this may be the first time it's ever been laid in Edmonton," said police Staff Sgt. Bill Clark.

Clark said two Edmonton detectives from the homicide section were assigned to the case in June 2012 and worked to track down the site's owner and operator.

Cops located Marek in Edmonton in February but still had not obtained enough evidence to charge him.

The day after he was located, Marek left the country and Canadian Border Services was notified.

On July 10, Marek landed in Vancouver and his laptop, hard drive and USB keys were seized. Police still didn't have enough evidence to lay charges.

A co-operative Marek was interviewed on Tuesday afternoon in Edmonton and provided authorities with "a lot" of evidence, Clark said.

At the end of the interview, Marek, who has previous police involvement, was charged. The maximum penalty for corrupting morals is two years.

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Alleged kidnapper pleads not guilty on 977 counts

Ariel Castro, left, stands before a judge with defence attorney Craig Weintraub during Castro's arraignment on an expanded 977-count indictment Wednesday in Cleveland. Castro is charged with kidnapping and raping three women for more than a decade in his Cleveland home. He pleaded not guilty to 512 counts of kidnapping and 446 counts of rape, among other charges. TONY DEJAK/THE ASSOCIATED PRESS

First Nations

AFN leaders seek food security

Angry leaders of the Assembly of First Nations want a federal response to research that says nutritional experiments were conducted on unwitting, hungry aboriginal children in the 1940s.

Grand Chief Shawn Atleo says the assembly is drafting an emergency resolution demanding that Ottawa acknowledge that aboriginal children are still hungry. THE CANADIAN PRESS

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Deadly gales, happy trails

While a violent tempest can destroy property and bring financial ruin, it's also the key to fortune for an intrepid breed of entrepreneur: the storm chaser. George Kourounis, full-time chaser and former host of the TV series Angry Planet, reveals the secrets to survival in his dream job.

RITA POLIAKOV
rita.poliakov@metronews.ca

COURTESY GEORGE KOUROUNIS

Instead of your math homework, you were busy counting lightning strikes. When your parents pleaded with you to go to law school, you drowned them out with the sound of hurricane-force winds. So unless you became a meteorologist, chances are you're still seeking that dream job.

Well, storm chasing may just be in your forecast.

As violent weather becomes more common, what may have seemed like a fairy tale now might be a valid career choice.

It worked for George Kourounis, a full-time storm chaser and adventurer who tracked his first tempest in 1998. After years of dodging cattle, embracing hail and praying for lightning, Kourounis, who makes his living by photographing and filming tornadoes, hurricanes and other natural phenomena, offers four skills you'll need to thrive — and survive — in your ideal career.

Take your veggies, leave the candy

You have to know what you're looking for. Kourounis hunts for supercell storms — thunderstorms known for their rotating updraft.

"It looks like a cauliflower," he says of storms with the potential to produce a good tornado. "If it looks like cotton candy — soft and mushy — then no."

What Kourounis is really searching for is a cap, a layer of warm air that covers cold air in a storm. If it's strong, but not too strong, then the storm will eventually get through the cap. "Then you've got these explosive storms," he said.

Learn to mind the cows

Driving skills are crucial.

"Some of the most dangerous things don't involve the actual phenomenon," Kourounis said. "Driving on the roads, that is far more dangerous."

That's because tracking a storm will often involve hours of driving, sometimes on unpaved, dangerous paths. Factor in other storm chasers paying more attention to the sky than the road, panicked locals, clay surfaces that don't mix well with water and errant farm equipment, and your chances of crashing have just skyrocketed.

Kourounis has even been caught in a cattle stampede at the worst possible time.

"We had baseball hail coming down, a tornado on the ground moving slowly toward us ... and a herd of cattle that would not get out of my way," he said.

Develop a strong stomach

Storm chasing comes with its fair share of superstitions.

Kourounis firmly believes, for example, that if he accidentally hits a bird, he'll find a storm that day. He also refuses to eat steak unless he's seen a tornado. And when in Texas, if you pass an Allsups, you better stop for a burrito — no matter how unappetizing — or the fates will be against you.

Know when to walk — or run — away

Kourounis's most important rule is simple enough: Know when to let the tornado go.

"No photo's worth dying for," he says.

Raining cash?

According to Kourounis, one tornado season can cost a few thousand dollars in gas, food, hotels and travel. And your competition isn't just other storm chasers, but everyone with a cellphone camera who's willing to give their shots away for free.

- On the flip side, documentaries looking for professional storm footage can pay $35 per second.

Head in the clouds

If you're looking for the perfect twister, here's his list of the best places to find it:

- **Tornado alley:** North Texas, Oklahoma, Kansas, Nebraska (May and June)
- **Dixie alley:** Mississippi, Alabama, Tennessee (March and April)
- **Northern plains:** Dakota, the Canadian Prairies (summer)
- **Southern Ontario:** in the corridor from Windsor to Barrie (May to August)

Moving targets

1,200

The U.S. gets about 800 to 1,200 tornadoes a year. Canada gets about 60.

Gear up and get going

Strobe, emergency lights

These help illuminate the road. Essential at night.

A good laptop

This is key. Kourounis's computer has radar software that he checks regularly.

Radio

This is Kourounis's link to the outside world. It allows him to communicate with fellow storm chasers and weather stations.

RITA POLIAKOV/METRO IN TORONTO

A trusty car

Kourounis has a 1999 Honda CRV. The car is covered in hail dents, which he sees as trophies. He's had to replace the windshield several times.

GPS

Kourounis has a basic model as well as a more sophisticated GPS that he runs on his computer.

More online

Check out videos of George Kourounis's escapades online at his YouTube account, gkourounis.

‘KFC eleven’ goes boneless, drops colonel

KFC will offer new boneless pieces of chicken as an alternative to its traditional breast, thigh and drumstick pieces. The chain says the offering reflects the growing popularity of easier-to-eat chicken strips and nuggets. KFC/THE ASSOCIATED PRESS

But is it still finger lickin’ good? The fast-food chain is opening a test upscale restaurant, with the Original Recipe, minus bones and mascot

KFC is tossing out the chicken bones and the quaint image of founder Col. Harland Sanders as it gets ready to test a slightly more upmarket restaurant.

The fried chicken chain says it’s opening a location called “KFC eleven” early next month near its headquarters in Louisville, Ky., that will serve flatbreads with toppings, rice bowls, salads and only boneless pieces of its Original Recipe chicken.

The restaurant’s exterior won’t feature Sanders, whose bespectacled, white-bearded likeness has long been front and centre at traditional KFC locations. But the name of the test restaurant is a reference to the 11 herbs and spices Sanders used in the Original Recipe.

KFC eleven’s opening is a reflection of the challenges facing traditional fast-food chains such as McDonald’s, Burger King and Wendy’s.

The problem is that people in their 20s and 30s are increasingly heading to chains such as Chipotle Mexican Grill and Panera Bread, where they feel they get better food for slightly higher prices.

THE ASSOCIATED PRESS

Would Sanders approve?

John Cywinski, president of KFC, said in an interview the company hoped to use the new test location to learn how it can update its offerings and draw in a broader customer base, particularly women.

Europe. Porter inks deal with Icelandair

Porter Airlines has signed an interline agreement with Icelandair that gives passengers on its flights access to Europe on a single combined e-ticket, the Toronto-based airline announced Wednesday.

The agreement allows passengers to book a single combined e-ticket for Porter Airlines and Icelandair flights and check baggage through to their final destination.

“This is Porter’s first interline agreement providing access to Europe,” said Michael Deluce, Porter’s chief commercial officer.

THE CANADIAN PRESS

Two growing airlines

- Icelandair provides service to Iceland from several North American cities and offers connections to more than 20 cities in Scandinavia, Britain and Continental Europe.
- Porter is a regional airline based at Billy Bishop Toronto City Airport.

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EK3 acquisition

Cineplex to grow digital signage

Cineplex Inc. says its digital signage unit will get a good platform for growth in Canada and south of the border through the theatre company’s proposed friendly takeover of EK3 Technologies Inc., announced Wednesday.

THE CANADIAN PRESS

Too dominant, says EU

Google a victim of its own success?

The European Union’s competition chief says Google isn’t doing enough to overcome concerns that it’s stifling competition, and ordered the Internet giant to come up with new ideas.

The European Commission, the EU’s executive arm, has been investigating whether Google is abusing its 90 per cent market share in Internet searches.

Google has sought to address the concerns mainly by changing how it displays search results.

THE ASSOCIATED PRESS

New leadership

BoC holds steady on 1% interest rate

Stephen Poloz may have brought more candour to the Bank of Canada, but he is following Mark Carney’s lead in maintaining interest rates at super low levels for what is likely to be at least another year.

The central bank issued its first policy announcement and economic outlook under the new leadership on Wednesday, adjusting slightly the expected growth rates, but solidly sticking with the one per cent policy interest rate that’s been in place almost three years.

Some analysts had anticipated Poloz’s first policy announcement would be an opportunity to set a new course from his predecessor, but except for some new, expansive language, there was little sign the men see the world differently. THE CANADIAN PRESS

Co. behind derailment lays off staff

An engineer checks the engine of a Montreal Maine and Atlantic locomotive outside the offices of MMA railway in the town of Farnham, Que., on July 11. The company involved in the deadly Lac-Mégantic, Que., train derailment has laid off one-quarter of its workforce in the province.

GRAHAM HUGHES/THE CANADIAN PRESS

Market Minute

DOLLAR 96.02¢ US (-0.45¢)

TSX 12,568.77 (+51.88)

OIL $106.48 (+48¢)

GOLD $1,277.50 (-$12.90)

Natural gas: $3.63 (+3¢)
Dow Jones: 15,470.52 (+18.67)

STUPID SUMMER AND ITS HEAT

HE SAYS

John Mazerolle
metronews.ca

I miss winter.

Yes, that's right. You heard me. Baby, I wish it were cold outside.

Here in Toronto it's been in the low 30s lately, and with the humidex factored in it feels like — excuse me while I make the calculation — 92-billion degrees, give or take.

It's been equally uncomfortable in most of Canada, and frankly, for me, anything over 25 C makes me wish I could trade my existence with an Antarctic researcher, or an Eggo in my freezer.

While it's true that in the depths of winter I have prayed for a July night, I'd have been equally happy this summer to see snowflakes fall from the sky and melt on my face.

Alas, no such luck, and I have to suffer like the rest of you, who convince yourselves that this sleepy, sweaty excuse for a season is the best time of the year.

As someone who hates the summer more than most, I am specially positioned to provide counsel on how to defeat it. As such, here are my tips for staying cool this summer. Follow these and you'll feel like the other side of the pillow.

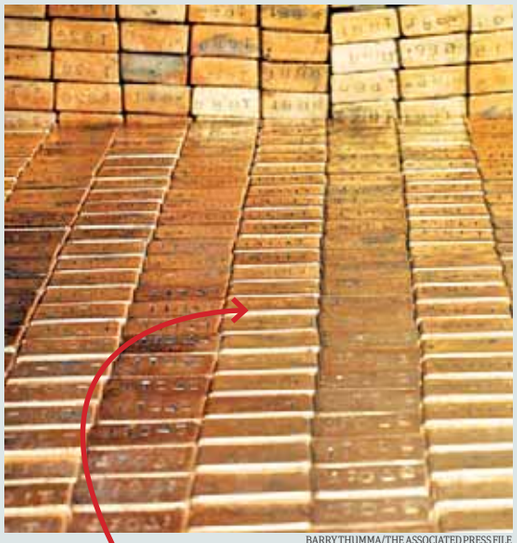
Cold comfort: Beating the heat and staying healthy during the summer

- Dehydration is caused by the loss of water and salt, so drink plenty of salt water.
- A wide-brimmed hat will keep the sun off your head and discourage U.S. drone strikes.
- During extreme heat alerts, visit elderly relatives and neighbours, because they're less likely to notice that you're wandering off with their air conditioner.
- Gatorade will give you energy you need to whine and complain with the same intensity Sidney Crosby does during every single stoppage in play.
- Be warned that breathable clothing is surprisingly difficult to inhale.
- Don't use the oven. I keep the oven off all year, because I'm so heat conscious.
- Many communities open public cooling centres during heat waves that include smiling, buxom models offering you free beer inside a room with a dance floor where the walls themselves are frosted glass. If you're not getting these perks, your tax money is being wasted.
- If you find yourself working outdoors in extreme heat, then I'll have a whisky sour — the real kind, with an egg in it, and don't sugar the rim. And try to make it today, OK, hon?
- In case of drought, keep a small electrolyte generator in your basement.
- On the hottest days, don't be ashamed to use a parasol to commit hara-kiri.
- Watch for signs of irritability. Remember that if it's under 25 C, you're the intolerable one, not the weather.

And those are my tips. I hope you found them helpful. Or perhaps they left you cold. If so, you're welcome.

ZOOM

When stars collide ... it's golden



BARRY THUMMA/THE ASSOCIATED PRESS FILE

FAIRBANKS GOLD MINING INC./THE ASSOCIATED PRESS

Shiny metals result from cosmic clashes

Gold bars are seen at the U.S. Depository in Fort Knox, Ky. A strange glow in space has provided fresh evidence that all the gold on Earth was forged from ancient collisions of dead stars, researchers said Wednesday.

Astronomers have long known that fusion reactions in the cores of stars create lighter elements such as carbon and oxygen, but such reactions can't produce heavier elements such as gold.

Instead, it was long thought that gold was created in a type of stellar explosion known as a supernova. But that doesn't fully explain the amount of the precious metal in the solar system.

About a decade ago, a team from Europe using supercomputers suggested that gold, platinum and other heavy metals could be formed when two exotic stars — neutron stars — crash and merge. Neutron stars are essentially stellar relics — collapsed cores of massive stars. THE ASSOCIATED PRESS

Glowing after a burst

3.9B

NASA's Swift telescope last month observed a gamma-ray burst that resulted from the crash of dead stars.

The burst, in a distant galaxy, was some 3.9 billion light-years away. Each light-year is about 6 trillion miles.

The burst lasted only a fraction of a second.

Using ground telescopes and the Hubble Space Telescope, the team noticed an odd glow that lasted for days.

Infrared light in the glow could be evidence that heavy elements such as gold had spewed out of the cosmic crash, the researchers said.

Struck gold

Fort Knox Mine, pictured, is the largest operating gold mine in Alaska.

- The research suggests gold was produced from stars crashing in the Milky Way. It doesn't delve into how Earth was sprinkled with riches, but previous studies have suggested that a meteor shower may have delivered gold to the planet.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There are a lot of things that can make cycling more pleasant. A sunny sky. A cool breeze. Infrastructure that provides you with a place to ride safely. Sadly, those are largely out of your control. But you can control the level of technological wizardry your ride is equipped with if you have these apps.

BRYN LENNON/GETTY IMAGES

Bike Brain

A digital dashboard that packs GPS mapping as well as speed, distance and altitude tracking into a handlebar-mounted iPhone utility belt. Need to be more dazzled? There are available paid upgrades for additional features such as a Bluetooth-powered heart rate sensor. (iOS/Free)

Bike Repair:

The spring crush at bike shops to get your ride tuned up for the summer is long past, but you can avoid it altogether next year with this illustrated repair and maintenance guide to grappling with common bike-related woes. (iOS, Android/$3.99)

Coach My Ride:

Blessed with the imprimatur of top cycling coach Lionel Reynaud, CMR arms you with a professional training regimen with enough entry points to suit any cyclist, from weak-kneed beginner to corded-calved veterans. (iOS/$2.99)

Letters and Comments

RE: Chris Brown Teams Up With 'America's Worst Charity' To Bring Sick Boy To Canadian Show, published July 17

In my opinion Chris Brown has paid his dues as a citizen. I don't know what else people expect from him.

I know what he did was wrong but I truly believe that every person deserves a second chance to move on with their lives.

How can anyone do so if they are continuously harassed in the media, in public, etc.

I don't understand where people get the time, energy and the hatred to continuously harass someone that is trying to move on.

Maybe everybody should get a life then they wouldn't have time to make other people's lives difficult. In my opinion, if Jesus Christ forgives then so should we. There have been musicians that have gone to prison for murder and they are still making records. **A. Grossi, Toronto**

This is a really pathetic publicity pull, and all parties should be ashamed of themselves for using a sick kid to try to clean up their image. **Danielle Goyetche posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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SCENE 2

It's not all white sandy beaches and tiki kitsch

Exhibit. Museum aims to challenge simple representations of life on the Pacific Islands

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

The Last Cannibal Supper by Greg Semu is among the art at UBC's Museum of Anthropology's exhibit Paradise Lost? Contemporary Works from the Pacific.
SUBMITTED

What do you know about the diverse cultures of the Pacific Islands?

Starting next week, UBC's Museum of Anthropology hosts an exhibition called Paradise Lost? Contemporary Works from the Pacific, which features 13 contemporary artists from New Zealand, Papua New Guinea, Samoa and Vanuatu.

"Through idyllic tourist misrepresentations, Hollywood, and the ever-increasing popularity of tiki kitsch, the Pacific Islands occupy a place in the Western imagination as a paradise filled with white sandy beaches and lush, tropical landscapes inhabited by dusky maidens," says the exhibition's curator, Dr. Carol Mayor. "We aim to challenge these one-dimensional assumptions, presenting contemporary artists from the Pacific Islands who play with and invert such perceptions.

"Their work provides an alternate, more complex version of the region."

Paradise Lost? starts July 24 and runs until Sept. 29. More information at MOA.UBC.ca

Misconceptions

"The Pacific Islands occupy a place in the Western imagination as a paradise filled with white sandy beaches and lush, tropical landscapes inhabited by dusky maidens."
Dr. Carol Mayor, curator

Will you be mine?

Do you remember when the Britannia Mine was just a rundown relic you tried not to look at on the drive to and from Whistler?

Hard to do, so you might have noticed that it was transformed in 2010 into an awesome mining museum and if you haven't taken the mine-train tour it's well worth a stop. The guides are great and the kids can even pan for gold.

This Sunday, you can also check out the 11th annual Copper & Fire Arts Event, which features B.C. artists and their unique art mined from materials "of the earth."

"It's interesting to discover how these talented artists can morph and transform materials that come from the earth into beautiful and compelling art pieces," says Kirstin Clausen, the mine museum's executive director. "This event is the perfect reminder that there are connections between art and mining."

There will also be hands-on workshops for the kids, including sculpting, copper wire crafts and bead jewelry.

Check out the Copper & Fire Event Sunday from 10 a.m. until 4 p.m.

More information at britanniaminemuseum.ca.

Walk down to Avenue

The puppets down at the Arts Club's Avenue Q are having a great time. So good, in fact, that the show's been held over for an additional 16 shows.

It now runs until Aug. 17 at the Granville Island Stage. Tickets $29 to $54.

More information at artsclub.com.

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Justin Timberlake has been nominated for six MTV VMAs. THE ASSOCIATED PRESS

Justin Timberlake dusts off his Suit & Tie for the VMAs

Nominations. Timberlake, Macklemore & Ryan Lewis lead pack in nods

The man in the suit and tie and the duo who buys clothes at thrift shops are the leaders at this year's MTV Video Music Awards.

MTV announced Wednesday that Justin Timberlake and Macklemore & Ryan Lewis have six nominations each. Bruno Mars has four nominations. Timberlake's Mirrors, Macklemore & Ryan Lewis' Thrift Shop and Mars' Locked Out of Heaven will battle Robin Thicke's Blurred Lines and Taylor Swift's I Knew You Were Trouble for video of the year. Timberlake's Mirrors and Suit & Tie are up for best male video, pop video and collaboration, among others. THE ASSOCIATED PRESS

Watch it

- **Airing live.** The VMAs will take place on Aug. 25 at Brooklyn's Barclays Center.

She's going from straight A's to getting her first F.

The To Do List
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A moving story of memory, magic and survival from the masterful Neil Gaiman. The Ocean at the End of the Lane is told with a rare understanding of all that makes us human and shows the power of stories to reveal and shelter us from darkness, inside and out.
Last Week: 1 / Weeks on List: 5

2. INFERNO Dan Brown
In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpiece – Dante's Inferno.
Last Week: 2 / Weeks on List: 8

This Week		Last Week	Weeks on List
3.	THE EYE OF GOD James Rollins	3	4
★ 4.	THE SECRET KEEPER Kate Morton	-	1
★ 5.	THE ENGLISH GIRL Daniel Silva	-	1
★ 6.	FIRST SIGHT Danielle Steel	-	1
7.	SILVER STAR Jeannette Walls	7	6
8.	THE FIRE WITNESS Lars Kepler	8	6
9.	BEAUTIFUL DAY Elin Hilderbrand	9	4
10.	ZERO HOUR Clive Cussler	10	8
11.	THE SECRET RACE Tyler Hamilton	11	5
12.	SECOND HONEYMOON James Patterson	6	3
13.	THE KILL ROOM Jeffery Deaver	13	7
14.	REVENGE WEARS PRADA Lauren Weisberger	5	7
15.	TRANSATLANTIC Colum McCann	15	7
16.	WILD Cheryl Strayed	16	16
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	13
18.	FLIGHT OF THE EAGLE Conrad Black	12	9
19.	BEST KEPT SECRET Jeffrey Archer	19	12
20.	THE GREAT DEGENERATION Niall Ferguson	4	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 22nd
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DID YOU KNOW?
FACT:
Wireless rates in Canada are typically lower than in the U.S., in some cases up to 40% lower[1] and smartphone monthly plans are actually less expensive in Canada than in the United States.[2]
Source:
(1) Wall Communications Report, prepared for CRTC, July 2013.
(2) Scotiabank, March 7, 2013
CANADA A WORLD LEADER IN WIRELESS
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Clairvoyant predicts a Conjuring sequel

Lorraine Warren.
Famed ghost hunter talks about how she deals with skeptics and that creepy doll that almost killed a priest

NED EHRBAR
Metro World News in Hollywood

The Conjuring is the latest film to bring the work of clairvoyant Lorraine Warren and her late husband, demonologist Ed Warren, to the screen, but it's the first to feature the Warrens themselves as characters (played by Vera Farmiga and Patrick Wilson). Here's what we learned from the engaging and energetic 86-year-old Lorraine Warren.

The film really is based on true events
In the movie? Almost anything that they use (is true). They didn't go off-track that much, and they always let me hear what they were doing. They would phone me and let me know. Most of it, yeah, it's really true.

She's now a big Vera Farmiga fan
(Vera and Patrick) came to our home in Connecticut to talk with us. My daughter happened to be visiting, and even my daughter said — and she would not if it wasn't true — she said, "Mom, that girl actually really knows who you are." Never met her before. I was really impressed by her, and I still am. She's a very down-to-earth girl.

She knows how to deal with skeptics
What I always ask them about is if they believe in God. You can reach people that way, to know them as a person. If you don't believe in God, how can you believe in anything supernatural? If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it, that way.

She's confident there will be a sequel
If this is a big hit — and it sure is showing signs of it — yes. And Vera and Patrick, I want them (to return). I think it's going to happen, honey. You know the Annabelle doll, the one that's portrayed in the beginning of the movie? I'm almost positive that they're going to be doing (another movie), and I think the Annabelle doll should be the next one. I'll never forget coming home with that doll in the back seat of the car. Ed stopped two or three times and he would cast out with holy water the back door of the car, make a sign of the cross with the holy water and command it to leave in the name of God. We got back in the car, and we were lucky enough to get home.

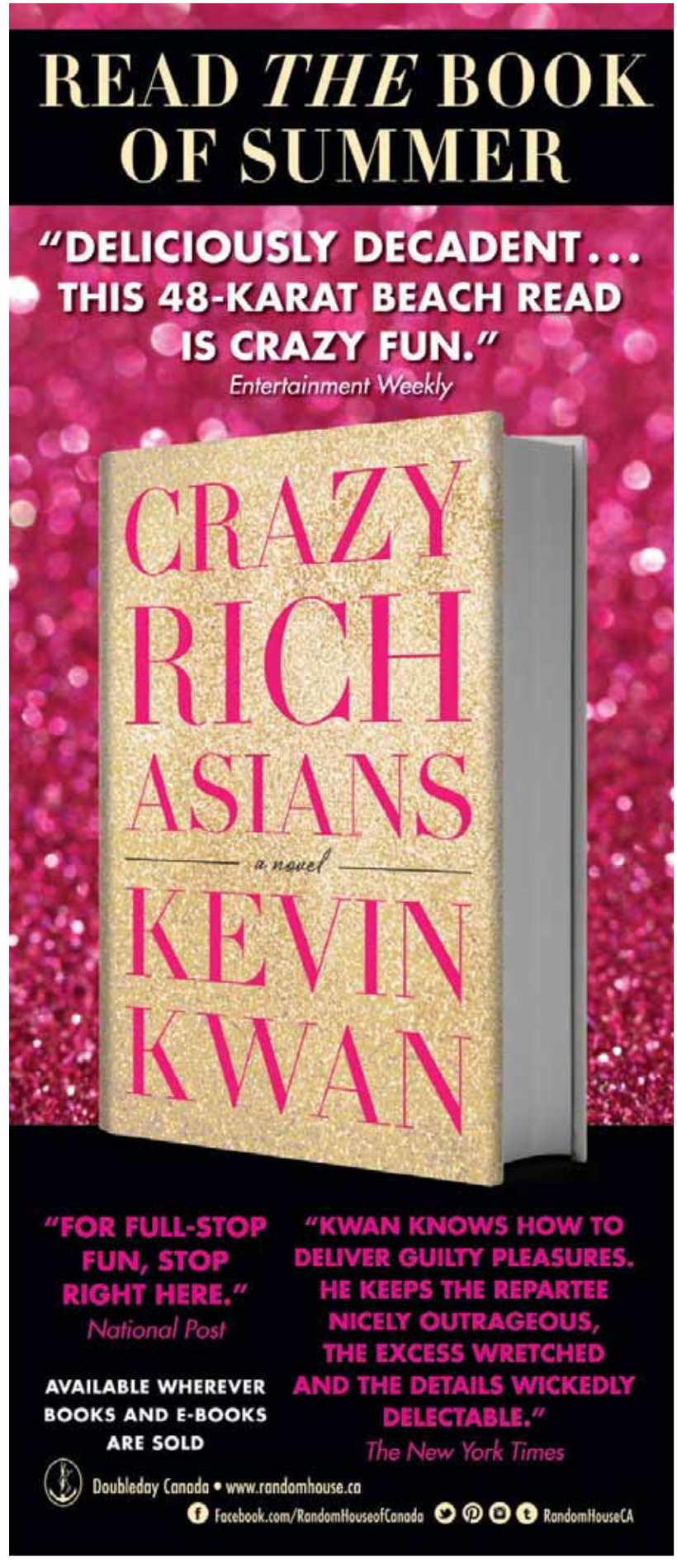
This Catholic priest had called me up because he wanted to come and bless the doll. I'll tell you that night, when the priest was going home he called and he said, "I was almost killed."

He said he saw the image of the doll in the rearview mirror and totalled his car.

Vera Farmiga, right, plays Lorraine Warren in The Conjuring. THE ASSOCIATED PRESS

Quoted

"If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it."
Lorraine Warren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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift

Radio — making creepy men's dreams come true

A Boston radio station is learning the hard way that online contests for Taylor Swift fans can be tempting targets for Internet pranksters. Boston's Kiss 108 is holding a competition to find Swift's number one fan and give him or her a chance to meet the country star, but right now 39-year-old "Charles Z." is in the lead, thanks to his friends at the anonymous message board site 4chan. "My creepy 39-year-old friend named Charles would like to crush all those girls' dreams, and then sniff Taylor Swift's hair because he's into that," an anonymous supporter wrote on the site. "Help him crush the dreams of these girls and give him a chance to make a complete ass of himself by blatantly just sniffing her hair with cameras rolling." When word went out on 4chan about the contest, Charles jumped from 25th place to first place in less than 24 hours.

Kate Middleton and Prince William

Not everyone excited about the new Royal arrival

It turns out not everyone in the Royal family is preoccupied with the impending arrival of Kate Middleton and Prince William's first child. Margaret Rhodes, the Queen's first cousin, tells CNN that she's "not terribly" excited about the birth. "Everybody has babies and it's lovely," the 88-year-old says. "But I don't get wildly excited about it."

The Word

Cranston says he very nearly had a dark Walter moment

MELISSA TUBB
Metro World News in New York City

Playing a character like Walter White on Breaking Bad means facing your darkest impulses. And even a genuinely nice guy like Bryan Cranston — who plays Walter — has had some nasty moments in his life. He once fantasized about killing an abusive ex-girlfriend who was stalking him.
"My apartment had a brick wall on one side, and I envisioned opening the door, grabbing her by the hair, dragging her inside, and shoving her head into that brick wall until brain matter was dripping down the sides of it," Brian told GQ. "Then I shuddered and realized how clearly I saw that happening. And I called the police because I was so afraid. I was temporarily insane — capable of doing tremendous damage to her and to myself." Gross! Still, good for Bryan for having the sense to call the police. Walter White would have just killed that girl and her entire family.

Johnny Depp ALL IMAGES GETTY

Have you Heard who had a day out with Depp's kids?

Johnny Depp reached a major milestone in his relationship with Amber Heard this week: taking a trip with the kids. Heard accompanied Depp along with his 14-year-old daughter, Lily Rose, and his 11-year-old son, Jack, on a trip to Tokyo to promote The Lone Ranger, according to Us Weekly. It's a big step for the couple, who have reportedly been dating since Depp split from longtime partner Vanessa Paradis.

Twitter

@JuddApatow
Stress is a great funk remover.

@AlbertBrooks
Maybe I'm old fashioned but putting the Boston bomber on the cover or Rolling Stone is a terrible idea.

@Sethrogen
You know what's awesome about falling off your bike and breaking your elbow? Not a f—in' thing.

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Resort to shopping in this time of transition

Clothed in confusion?
Despite the label it looks like you don't need a passport to get into resortwear — just an insatiable desire for new wearables

KATHRYN GILBERT
Metro World News

Resort, it's that increasingly vague season of clothes that's currently in stores. And the runway shows for next year's resort season recently wrapped up in June. But what does resort mean? As the fashion world's transitional moment gets bigger and bigger, its purpose grows increasingly murky.

Designers initially intended the resort season to address a woman's summer holiday wardrobe needs. But does Roksanda Ilincic actually expect us to wear her voluminous coats poolside? Will Lanvin's jewel-encrusted dresses fit in our luggage?

Let's start with what's pretty clear: resort is all about the money. Helen Davis, head of womenswear at Harrods in London describes it as the "most commercial delivery we buy into, as it is on the floor at full price for over six months and therefore drives the business". Resort also tends to have fewer bells and whistles. As Davis points out, the collections include "good transitional pieces and classic styles," making resort purchases solid investments. They're also cheaper than seasonal collections: "The runway shows showcase the best a designer has to offer and the most wow pieces of the season, therefore, the top price point for show collection pieces usually well exceeds the top price point of pre-collection pieces."

But don't you need to buy a ticket to St. Barths to wear your reasonably priced resort wardrobe? Well, it turns out the name is a bit of a red herring. Because while it was once destined for monogrammed luggage flying out to far-off lands, now the season is about fulfilling shoppers's desires for something new. Davis points out that brands are increasingly "introducing a pre-collection offering, to ensure there's constant newness on the floor."

ROKSANDA ILINCIC

Transitional collections such as the ones pictured (all resort 2014) are growing in importance.

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Trends Report

- Trends Report's Canadian By Design discovers up-and-coming talent in the Canadian fashion scene. This week, meet Minling — a Toronto-based designer and stylist whose new line of eye-catching clutches will surely make you the centre of attention at any soirée.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

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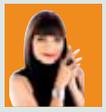

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The perfect guest room, coffee and all

I recently moved into a small townhouse and would like to decorate my spare bedroom differently than the rest of my space. Any advice? - MJ, Ottawa

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Choose a decor theme that you might like to get away to, but keep it neutral to appeal to all guests. This will keep you passionate about the decorating project but thinking of your guests first and foremost.

At my house, I decorated a guest room influenced by the seaside looks of Nova Scotia. Without being too country, I created a bright and neutral decor scheme using warm white, foggy blue and warm light wood tones.

The furnishings were clean-lined and not too fussy to appeal to my urban jet-setting guests.

Comfort

Buy a good mattress (or add a feather bed mattress topper to an existing mattress) for a luxurious night's sleep. Consider a double-sized bed if space is of concern; it offers lots of room for one yet sleeps two in a pinch. Purchase neutral coloured sheets and towels; buying quality means longer-lasting and easy care. Add carpets and draperies if you want to create a quieter atmosphere for your guests.

Create an oasis

A convenience espresso maker for a quick sip while getting ready for the day, a docking/charging station to listen to some music, a basket filled with spa/bath products will all allow guests to relax in their room when they wake up. Books, current magazines and a portable DVD payer will allow quiet time before turning out the lights in the guest room.

Buy a good mattress so your guest can have a luxurious night's sleep. A double bed will do if space is a concern. ISTOCK IMAGES

Natural wood-tone docking station soothes the room with looks and sound. IPHONE 5-ALARM CLOCK DOCKING STATION, $40, URBANOUTFITTERS.COM

Tight and tidy espresso makers offer a morning sip before leaving the room. NESPRESSO U C50, $199, NESPRESSO.COM

Neutral-coloured cotton towels. WHOLE HOME HOTEL COLLECTION, FROM $12, SEARS.CA

An area rug helps to muffle sound and create a quiet environment. TARNBY NATURAL RUG, $149 FOR 6'X8', IKEA.COM

Cool, light colours tend to make a small space appear larger and brighter. YVONNE DUIVENVOORDEN PHOTOGRAPHY

Housekeeping myths

Dusting an oil painting

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

If you are lucky enough to have an oil painting in your home the question that will come up at some point is, "How do I clean it?" Well, let's discus this for one minute, as there are two stages to cleaning this type of painting.

The frame

This should always be dusted with a fine soft powder makeup brush as needed. You want this type of makeup brush as it will not damage the wood frame and will not remove any of the gold that may be on the wood frame. Dust the frame from the centre (area closest to the painting) outwards. If your frame is particularly dusty, use a vacuum on low speed to absorb the dust going into the air after the motion of the makeup brush. Never use the vacuum tool directly on a wood frame as the brush will not be soft enough and may damage the frame or scratch the finish.

The art surface

Don't clean the surface. The rule of thumb that I teach every student in butler school is always the same — don't ever touch the canvas of any art! This should be the rule of thumb that you always practise at home. Some books say it is OK to use white sandwich bread or bread dough to "sponge" against the canvas to absorb the dust, without rubbing. This in my estimation is a huge mistake. Always use the advice of an art expert/curator to advise how best to proceed. Imagine if you had some oil painting handed down for several generations and you were unknowingly to ruin the painting using such a technique and then find out this was a priceless Picasso that had been lost and was now worth nothing because you damaged the surface.

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When it's OK to use the F word — flea market

Second home. A bungalow on the beach can be decorated into the perfect haven

Second homes, designed for relaxation, are often decorated with hand-me-down furniture and other cast-offs from the owner's main living space.

But, say interior designers, a bit of creativity can transform a small vacation home into a place to combine family heirlooms, funky flea-market purchases and a few new pieces, with style and on a budget.

"Second homes are all about the three F's: family, friends and flea markets," says designer Brian Patrick Flynn, founder of Flynnside Out Productions. "There are really no rules, but the one thing to keep in mind is that second homes are the best place to showcase your personality by filling them with one-of-a-kind pieces packed with sentiment and history."

Some ideas for getting this laidback, layered style:

Mix and match

A mix of decorating styles is great; just don't overload the space, says HGTV host Sabrina Soto, a judge on this season's HGTV Star.

"Mixing in multiple elements can create an overwhelming and cluttered interior," Soto says, so "avoid over-accessorizing with knick-knacks and space holders."

A living room designed by Brian Patrick Flynn, where he uses a colourful red, white and blue palette balanced by wood tones and muted browns to create a rich, layered look in this weekend home. THE ASSOCIATED PRESS

She also advises against "grouping a certain style in one corner and the other style in another."

Go ahead and combine two plaid chairs with a floral sofa, though. Kyle Schuneman, author of The First Apartment Book: Cool Design for Small Spaces, recommends mixing the scale of the patterns but keeping the scale of the furniture the same.

"So if you have a small sofa, keep the side chairs in that same scale. Then with the fabric in the room, for instance, use a small pinstripe, a medium plaid and a large graphic pattern as your three mix-ins. By keeping the patterns in a different scale, it keeps it from getting too busy and fighting each other for attention," he says.

Colour can also help one piece stand out: Paint an old wooden dresser a bold yellow, Schuneman says, then "keep the other pieces muted with just textures of metals and woods."

Flea market finds

Second homes are often in small towns with weekend flea markets and antique shops. Flynn suggests mixing your own family hand-me-downs (your grandfather's old reading chair, say, or your dad's collection of Hardy Boys books, or a painting made by a relative) with flea-market purchases that connect with your personal history.

For the kitchen of his weekend home in the Hollywood Hills, for instance, Flynn bought a vintage Circle K sign at the Rose Bowl Flea Market.

"I grew up in Fort Lauderdale, Fla., and spent a ton of time at the Circle K on weekends" getting ready for the beach, he says. "Every time I walk past the dining room, I kind of feel that carefree, beachy feeling all over again."

A vintage item picked up for $5 can sometimes become the star of a room.

"My living room walls are completely covered with flea-market art picked up for next to nothing. Best part? Everyone always asks me what gallery I source all of my amazing art from," Flynn says.

Maximize small rooms

Second homes are often small, so decorate with that in mind.

"A cluttered space will always appear smaller," Soto says, so keep a smaller room clean. She suggests hanging shelves to keep items off the floor, and using mirrors to make rooms appear larger and brighter.

"Incorporate pieces with dual purpose, such as storage ottomans, which can act as seating while concealing your clutter," she says. "Stacking chairs or nesting tables are great, too." THE ASSOCIATED PRESS

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Got 99 problems but my yard ain't one

The lawn remains the centrepiece in this yard but was greatly downsized and shaped by a landscaped perimeter consisting of furniture, statuary and a variety of perennials. DEAN FOSDICK/THE ASSOCIATED PRESS

Grass. Homeowners opting for something more functional and less demanding

Grass isn't always the best groundcovers for a yard: It's thirsty at a time when water is becoming scarce; it attracts fewer pollinators; it requires expensive chemicals to maintain and it must be disposed of if you bag as you mow.

That's why many property owners are downsizing their lawns or simply eliminating turf grass.

"We're recommending ecosystem changes provided by a more productive landscape, instead of a monoculture from grass," says Susan Barton, an extension horticulturist with the University of Delaware. "A lawn should not be a default vegetation, but it should be more purposeful. More diverse."

She suggests four alternatives to turf grass: landscape beds, meadows, woods and paved, permeable hardscapes.

"All of these provide more ecologic service," she says. "We're talking clean water. More habitat for insects. More oxygen taken in and less carbon dioxide given off."

Barton helped get a county landscape ordinance passed a decade or so ago allowing "managed meadows" to replace grass in residential front yards. These no-mow areas filter water, encourage the return of native plants that provide food and cover for wildlife, and still have curb appeal.

"A managed meadow isn't simply a matter of letting your grass grow long," she says. "It means mowing paths through it and adding edges where needed. If people think about it and make it look good, there's no reason why it shouldn't be part of suburbia."

Downsizing or replacing turf isn't simple or cheap, but it can be done in stages. Start with your toughest-to-grow or hardest-to-mow sections.

"Use the 80-20 plan where 20 per cent of your area requires 80 per cent of your maintenance," says Evelyn Hadden, a founding member of the Lawn Reform Coalition and author of Beautiful No-Mow Yards (Timber Press, 2012).

"Hillsides are a good example," Hadden says. "The steeper they are, the more difficult they are to mow. Replaced with the proper plants, they can moderate (water) runoff."

Other replaceable options include boulevards, driveways and pockets overgrown by weeds or moss.

"Look first at areas where the grass is already suffering — that strip along the street that's hard to water or trampled by people getting off the bus," says Pam Penick, a garden designer from Austin, Texas.

Use ecological grasses if you don't want to eliminate turf, Penick says. "Fine fescue lawns grow slowly and can get by with less rainfall and less mowing. Those are good options for people who want to fit in with their neighbourhoods but don't want to be slaves to their lawns," she says.

Or "consider ornamental grasses," she adds, or "some of the new groundcovers (aromatic herbs, succulents, low-growing shrubs, ferns, hosta). Edibles. Larger shrubs. You can have a nice-looking yard yet be conservation-minded."

THE ASSOCIATED PRESS

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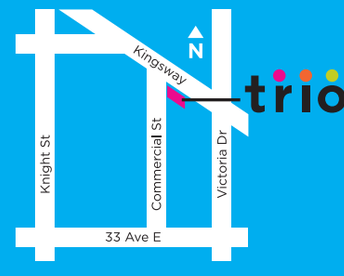

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Need a little help in the kitchen?

Summer is a busy time for entertaining at home. Check out these new products that will make life a little bit easier.

TINA CHADHA
Metro World News in New York City

Dreamfarm Chopula

Australian brand Dreamfarm strives to solve problems in the kitchen. And while they haven't found someone to do the cleanup, their latest spatula will speed up your cooking time.

The Chopula is flexible enough to slide under and flip your pancakes and eggs, yet rigid on one side so you can chop foods directly as they're cooking in the pan. Even better, the utensil is designed with a bend in the handle, allowing it to sit up on the countertop sans spoon rest.

$15.95, WWW.DREAMFARM.COM

Trudeau Over-the-Sink Cutting Board

Perfect for us city dwellers with challenged kitchens, Trudeau's new cutting board sits over the sink to maximize work space and has a built in bowl to hold one ingredient while we get to the next.

But a heads up — it's a little rickety when used on a counter.

$26.99, WWW.SHOPTRUDEAU.COM

Mrs. Meyer's Clean Day: Radish

Radishes are taking over the farmers' markets right now (we're especially smitten by the pretty pink watermelon variety).

But you don't have to love eating the slightly bitter veggie to bring it into your home. Mrs. Meyer's Clean Day recently released the scent, radish, to its line of eco-friendly cleaning products. The cheery red packaging will help ease the pain of the pile of dishes waiting for you.

$3.99-$7, WWW.MRSMEYERS.COM

Wrap it in raspberry: This leather forecast calls for natural, tasty treats

What does a child's snack have in common with a $300-a-head meal at a three-Michelin-star restaurant? These days, both frequently include an edible leather: a purée of fruit (or, in the case of the restaurant, more often of a vegetable, such as tomato or onion) spread thin and dehydrated until it becomes stretchy.

Commercial fruit leathers roll out of factories by the yard, and those served at high-priced restaurants are prepared by expert chefs, so you might think that such a modern creation is beyond the means of the home cook. But it's actually amazingly quick and easy to make an all-natural fruit leather that is a tasty, healthy and portable snack.

And you can use the same technique to create savoury vegetable leathers that add interesting, modern touches to traditional dishes.

All you need to make your own leather is a blender, an oven and about 20 minutes of prep time. Edible leathers do need one to three hours to dehydrate — the thicker the layer of purée, the longer it takes to dry — but you can do other things while they sit in the oven. For these recipes, timing is not critical.

Start to finish: 2 hours
Servings: 4

Ingredients

- 2 cups (300 grams) raspberries
- 1 tablespoon (12 millilitres) cooking oil
- 1/4 cup (45 grams) sugar
- 0.6 grams (3/16 teaspoon) xanthan gum

1. Arrange an 11-by-17-inch non-stick silicone mat on a rimmed baking sheet. Heat a food dehydrator to 150 F, or set your oven to its lowest temperature.

2. Combine all ingredients in a blender, then puree until thoroughly blended, at least 30 seconds. Working quickly, pour the purée onto the mat and use an offset spatula or other long, flat utensil to spread it into an even layer 1/16 inch thick. If the purée sits too long in the blender it may set into a custard-like gel; if that happens, blend it again until it becomes fluid enough that you can spread it easily across the mat.

3. Place the baking sheet in the dehydrator or oven, and dry until leathery and tacky to the touch. A drying time of 1-1/2 to 2 hours is typical, but the time required can vary considerably depending on the thickness and wetness of the purée layer, the temperature of the chamber and the humidity of the air. Use the convection setting on your oven if one is available.

Sweet Raspberry Leather

The finished product is a versatile, tasty treat. AP PHOTO

4. When the leather is done, peel it gently from the mat, and use scissors to trim it to individual serving sizes; for use as a garnish, cut it into long, thin strips. To store the leather pieces, roll them individually in waxed paper and then in plastic wrap. The leather will keep for a week when packaged this way.

THE ASSOCIATED PRESS

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Whitecaps finding ways to fill the net

MLS. Vancouver side could equal goal total from all of last season when it faces Galaxy on Saturday

CAM TUCKER
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The Whitecaps celebrate a goal scored by Camilo Sanvezzo against Fire goalkeeper Paolo Tornaghi on Sunday at BC Place Stadium. Led by Sanvezzo, the Whitecaps have had no difficulty scoring as of late. DARRYL DYCK/THE CANADIAN PRESS

The quantity is up, and the quality has been outstanding.

The Vancouver Whitecaps have, from about the middle of May, turned scoring goals into as much a science as an art form.

Not only have the Whitecaps been efficient in scoring, but some of the ways they've gone about putting the ball in the back of the opposition's net has been nothing short of stunning — masterpieces fashioned by the skill of perfect touch, the determination of outworking defenders and the sheer force of a blast past a helpless goalkeeper.

It's remarkable the turnaround from a year ago.

The Whitecaps are in Los Angeles on Saturday for a match with the Galaxy. It's possible the Vancouver side could hit the 35-goal mark on the season.

They would need three against the Galaxy, which may be too much to ask. The L.A. side has given up only three goals in nine games on its home turf this season.

But hitting the 35-goal mark at this point would be notable because with a little more than three months remaining in the 2013 regular season, it would equal the Whitecaps' entire goal total from last season.

The Whitecaps also boast MLS leading scorer Camilo Sanvezzo, who has 12 goals and was named MLS player of the week on Monday for a second time this year.

Behind him is Kenny Miller. The Scottish striker has six goals this year and been at the forefront of this club's exhilarating renaissance, which follows his disappointing showing in the second half of last season.

The Whitecaps' depth — not only up front but in midfield and the back line — has allowed head coach Martin Rennie to employ a more attacking style.

For players like Miller and Sanvezzo, their respective gifts to create chances and finish them off have been allowed to flourish.

"That's why we score a lot of goals, because we are more free, we're attacking more," said Sanvezzo.

Royal & Ancient chief executive Peter Dawson GETTY IMAGES

No women allowed. Male-only clubs don't damage game: Head of R&A

Defiant, the head of the Royal & Ancient issued a Hootie Johnson-like salvo in the latest battleground over male-only golf clubs: The British Open will not yield to pressure over three of its venerable clubs refusing to admit female members.

The way Peter Dawson looks at it, to compare this to racial or religious discrimination is "absurd."

At his customary news conference on the eve of the British Open, the R&A chief executive faced a barrage of questions Wednesday about the no-women-allowed membership at Muirfield and two of the other nine venues in the tournament rotation, Troon and Royal St. George's.

He was prepared for the issue, reading from notes that made it clear he believes single-sex clubs do little harm to the game and have largely been targeted by the media, politicians and interest groups.

THE ASSOCIATED PRESS

Baseball

Canadians can't finish comeback against Everett

The Vancouver Canadians fell one run short of staging a ninth-inning comeback against the Everett AquaSox on Wednesday.

Down to their final three outs and trailing the AquaSox by five runs, the Canadians scored four times in the top half of the ninth to make it close. However, the comeback attempt could not be completed, and the C's lost 7-6.

The loss ends a three-game road series against the AquaSox, with Vancouver losing the final two games.

The Canadians will return home to Scotiabank Field at Nat Bailey Stadium for a five-game series against the Eugene Emeralds beginning Thursday.

METRO

NHL

Concussions on rise despite rule change: Study

The NHL's three-year-old rule on illegal hits to the head isn't working and tougher sanctions are needed to reduce concussions, concludes new research led by Toronto's St. Michael's Hospital.

During the 2009-10 hockey season — a year before the controversial Rule 48 came into effect — there were 77 concussions, suspected concussions and facial fractures, the study found. But the following season, that number jumped to 120, and the season after, it increased even more — to 126.

The study, published online Wednesday in the journal PLOS ONE, also found that more than 64 per cent of concussions were caused by bodychecking, while only 28.4 per cent were the result of illegal hits.

TORSTAR NEWS SERVICE

Horoscopes

♈ Aries
March 21 - April 20
There are so many positive influences in your favor at the moment that you really don't have to try too hard. Today's Jupiter-Neptune influence will make you feel more laid-back

♉ Taurus
April 21 - May 21
It appears that you are keeping something from those you live and work with. No doubt you have a good reason for doing so but don't forget it is natural they should be suspicious.

♊ Gemini
May 22 - June 21
When communicating with other people make sure it's not just one-way traffic. In other words, listen as well as talk. What you learn today should be both enlightening and amusing.

♋ Cancer
June 22 - July 23
Take care of details today or risk having to waste time putting them right later on. But don't get so involved in minutiae that you lose sight of what it is you are trying to do.

♌ Leo
July 24 - Aug. 23
If you expect the best today it will most likely happen. How could it not when so many people are desperate to see you succeed?

♍ Virgo
Aug. 24 - Sept. 23
Some of the things that were important to you yesterday won't seem so important to you today and come tomorrow you probably won't care about them in the slightest.

♎ Libra
Sept. 24 - Oct. 23
You will be asked to take on extra responsibilities today and although you are under no obligation to say "yes" you will earn yourself a great deal of credit if you do.

♏ Scorpio
Oct. 24 - Nov. 22
You need to exercise self-discipline when dealing with financial matters.

♐ Sagittarius
Nov. 23 - Dec. 21
If you have been planning a clean out of things that no longer serve a useful purpose then today is a good day to start. It won't be as disruptive as you fear

♑ Capricorn
Dec. 22 - Jan. 20
Don't push yourself too hard, even if you are behind in your schedule. Timetables can be useful but they can also hinder your efforts and stifle creativity if they are too restrictive. The clock is your guide not your master.

♒ Aquarius
Jan. 21 - Feb. 19
Try not to take it as a personal insult if someone refuses to see things your way. It could be you who has got it wrong. Okay, maybe that's going too far but it's certainly true that different people see things in different ways.

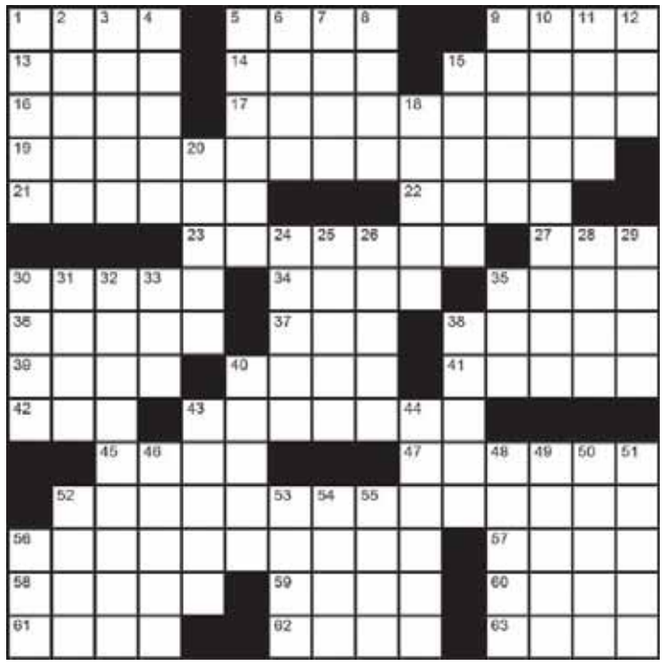
♓ Pisces
Feb. 20 - March 20
Don't sell yourself short. Claim the credit you deserve. Shout about your achievements. You are a very special person and you are doing some very special things.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

Across
1. __ of relief
5. Actress Ms. Dawber's
9. "Pardon me?"
13. Epithet for Athena
14. De-wrinkle shirts
15. Poultry places
16. Ville: English
17. Joni Mitchell song that starts "Sitting in a park in Paris, France..."
19. Alanis Morissette tune: 4 wds.
21. Title of reverence for God in Hebrew
22. Hopeful
23. London, ON born actress Rachel
27. Mil. rank
30. Vaulted church areas
34. Sits under the rays
35. Prefix to 'gram' (Hospital image)
36. Particular planet
37. Mr. Danson
38. Unrest unravellings
39. British bars
40. Up-in-the-sky toy
41. Sea eagles, variantly
42. Sugar amt.
43. Spray sort
45. "__-__-Di..." (Beatles song title bit)
47. 'Birthplace of New Scotland' in Nova Scotia
52. McCain cake, __ '__
56. "The __ Candidate" (1962) starring Frank Sinatra
57. Wind direction device
58. "I'm Every Woman" singer Ms. Khan
59. Advocate
60. Empire of Peru
61. Rhyme Time: Hissy, Missy, __
62. Clutter
63. Caustics

Down

1. Mr. Baron Cohen
2. Trojan War epic
3. "(I Can't __ __) Satisfaction" by The Rolling Stones
4. Austrian composer Joseph (b.1732 - d.1809)
5. Food-in-a-basket fun
6. Ancient Syria's biblical name
7. "Holy __!"
8. Crop
9. Does labour
10. Niagara Falls, The __ Capital of the World
11. Make _ __ stop (Be driving, do this)
12. US airport screening org.
15. Ms. Chanel's
18. Documents for filling out
20. Retort to "You are not!": 3 wds.
24. Bustling
25. Because of: 2 wds.
26. Mountains in South America
28. Gambler's input
29. Brit singer Ms. Stone
30. Scheduled time, as with a Dr.
31. Positive
32. Documents from process servers
33. Cannes conjunctions
35. Lady's man
38. "The Beachcombers" character
40. Sandra's "Speed" (1994) co-star
43. 1st Greek letter
44. Supposes
46. One of Roseanne's TV daughters
48. Politely mannered
49. Go __ length (Do whatever it takes): 2 wds.
50. Small quantity
51. __ directed (Prescription warning): 2 wds.
52. Morse Code bits
53. Be a rock band musician
54. U2's land
55. Falls behind
56. 1101 in ancient Rome

Wednesday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8		2	3		4	5		1
		9	2		1	6		
	7						9	
			1		9			
1								4
			7		8			
	3						4	
		4	5		6	1		
9		6	4		7	2		8

Wednesday's Sudoku

Today 23°/15° Sunny
Friday 23°/16° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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